

AIRLIFT **Dispatch**

Vol. 43, No. 5

437th Airlift Wing, Charleston AFB, SC

Friday, February 6, 2004

ONE FAMILY

Commander encourages strong relationships

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TO THE CHIEF

Airmen join core of top enlisted rank



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GETTING OUT?

Force shaping waives service time for some

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TOP COPS

Team Charleston warriors take top awards

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MISSION POSSIBLE!	
Charleston departures	1612
Maintenance reliability	93.7%
Cargo moved	7,498t
Personnel deployed	670
Reservists activated	8887
(Jan. 1 - Feb. 3, 2004)	

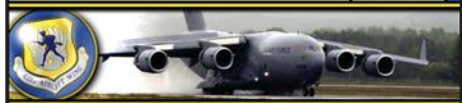


Photo by Airman 1st Class Jason Bailey

Strolling Strings

Master Sgt. Vivian Podgainey, U.S. Air Force Strings principal cellist, performs at the 2003 Annual Awards Banquet Tuesday at the Charleston Club. See page 14 for more information on the Annual Award winners.

Team Charleston: One family, one mission, one fight!



Awards, promotions and standouts

Team Charleston had another great week for recognition. Air Mobility Command announced the winners of AMC's Logistics Readiness awards: the **437th Aerial Port Squadron** was named the National Defense Transportation Association Military Unit of the Year in the active category; **Maj. John Pepin** was named the Col. Cynthia L. Benulis Air Force Logistics Readiness Field Grade Officer of the Year; and **Tech. Sgt. Charles Irvin**, 437th Logistics Readiness Squadron, earned the Military Transportation Command Award for Excellence in Traffic Management.

I'd also like to recognize the professionals from our Command Post who were named best in their category in AMC for 2003. Congratulations to **Master Sgt. David Ingram**, **Tech. Sgt. Roy L. Calvin II**, and **Airman 1st Class Karlee Osborne** for earning top honors in the command. Good luck at Air Force level!

Additionally, we got word that **Sean Erbe**, a graphic artist in the 437th Communications Squadron, earned first place honors in the AMC Newspaper Contest or graphic support of a base newspaper. Way to go, Sean.

The Air Force announced medical and dental corps officer promotions Jan. 29. **Lt. Col. Mullen O. Coover, Jr.**, 437th Aeromedical Dental Squadron, and **Lt. Col. Robert Manaker**, 437th Medical Operations Squadron are Team Charleston's newest colonels. Selected for major were **Capt. Brett Cassidy**, 437 MDOS, and **Capt. Joseph Gallagher**, attending Medical University of South Carolina through the Air Force Institute of Technology. Congratulations all around, for good work in the past and additional responsibility in the future.

This week the Air Force also announced the individuals selected for this year's Air Force Intern Program. Only seven percent of applicants make the cut, so hearty congratulations to **Capt. Doug Johnson**, 437th Operations Group, on his selection.

We recognized Diamond Sharp airmen this week, honoring airmen whom first sergeants have chosen as among the best in their unit. Congratulations

to **Staff Sgt. Wayne Doyan**, 3rd Navy Consolidated Brig; **Staff Sgt. Candy Kanara**, 437th Services Squadron; **Senior Airman Gayle Dinsdale**, 437th APS; **Airman 1st Class Steven Hendricks**, 437th Contracting Squadron; and **Airman 1st Class Jennifer Nguyen**, 437th Operations Support Squadron. Watch for more great things from these airmen!

Another airman on the fast track is **Senior Airman Joseph Legros**, my shadow this week. Airman Legros, selected for staff sergeant, is an aerospace ground equipment journeyman in the 437th Maintenance Squadron who has deployed twice in the past year and is only three courses shy of a Community College of the Air Force degree. With airmen like this, our future is truly bright.

Black history

February is Black History Month, and we'll kick off our activities with a commemorative luncheon at 11 a.m., Feb. 13 at the Charleston Club. Contact Senior Master Sgt. Joseph Romeo at 963-2120 or Senior Airman Alicia Mildren at 963-3405 for reservations. Team Charleston is one family made up of many types of individuals. Commemorative months give us an opportunity to celebrate our individual heritage while we get to know each other's history better so we can function better as a team. For more opportunities to celebrate Black History, see the listing of special events on page 13.

Distinguished visitors

We welcome former **Chief Master Sgt. of the Air Force Robert Gaylor** today. While he's in town to be the guest speaker at the Chiefs' Induction Ceremony, he'll be touring the base, to include a stop at his dining facility to make sure it's up to standards.

Also visiting this week is **Brig. Gen. Del Eulberg**, director of AMC's installations and mission support. He will be here to look at our facilities, services and support structures to get an idea where the AMC staff can help us to maintain our standing as a premiere base.

Vice Adm. David Brewer, commander of Military Sealift Command, visits Thursday as the featured speaker at the National Defense Transportation Association luncheon. It promises to be an informative session, and tickets are still available by calling Ron Westall at 963-3240.

Safety

Safety is an attitude critical to mission success. We must all keep safety out in front every day at work to protect our assets, and especially to take care of our people. Be safe out there!

Action Line caller requests space for RVs/boats

Q: I am writing in reference to the lot on base for boat and trailer parking. Last year I contacted the 437th Services Squadron and was told that a bigger lot would be built by now that would be opened up to everyone. I understand that personnel living on base cannot park their boats or trailers in housing, but many of us who live off-base are not allowed to have them parked where we live either. However, while people living on-

base get free storage, we who live off base have to pay to keep our recreational vehicles in a storage facility. Is there any plan for a bigger lot to accommodate those living off-base? Thanks for your time and help with this matter.

A: Thank you for your inquiry about recreational vehicle storage on base. A new and larger RV storage area project is under construction behind Outdoor Recreation and should be ready for use during the May-June timeframe.

This lot will be available to both on- and off-base authorized personnel at a savings over off-base storage costs. Please watch the Services Scene of the Airlift Dispatch for opening dates and fees. Thanks for your call.

- **Col. Wayne Schatz**
437 AW vice commander

action@charleston.af.mil or 963-5581

AIRLIFT Dispatch

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Information

Take time to strengthen relationships with fellow airmen

By **Lt. Col. Kevin Brewer**
437 APS commander

Good day Charleston! Much has happened in the world and the 437th Aerial Port Squadron since the last time I addressed you.

The port was selected for the Air Mobility Command Large Terminal Unit of the Year for 2003 and National Defense Transportation Military Unit of the Year for 2003. I'd like to take this opportunity to publicly congratulate all my folks on an outstanding year. We did it better than any port and safer, too.

We must continually work to strengthen relationships with our fellow servicemen and women and take the time to say thank you. It doesn't have to be a coin, a letter or be in a public forum like this, although that is OK too, but many times the words 'thank you' go a long way. Every member whether active duty, Reserve, guard, or civilian has made a difference to us in the port and probably to your organization within the last year. They probably don't even realize the impact they had. Once the mission was given to them, they responded with choruses of "can do."

Charleston's been that way for the entire time I've been here, almost four years now. Every time our country's mission was in crisis, the rest of Charleston has been there to pick up and shoulder part of the burden. Let people know you appreciate it when they accomplish something for you.

Each of us can do the same thing for our

worth repeating

"When you deal with others, do your utmost to treat them as you would like to be treated."



Lt. Col. Kevin Brewer
437th Aerial Port Squadron commander

fellow man in every action we take on base. When you deal with others, do your utmost to treat them as you would like to be treated. Instead of "No, we can't do it," try "No, we can't do it that way, but we can do it this way!" You would be surprised how many smiles you'll bring to their faces. They, like you, are struggling to move their lives along both professionally and personally. When you look at them, see your own face staring back at you and do what you can to help them out.

The same goes for the many retirees who frequent the base. Some day that may be your face on the other side of the desk or counter. It may be you who someone thinks is a little slow in the commissary aisle or driving off base. Give them the respect you would want.

We'd like to thank all the folks on base who contributed to our outstanding accomplishments for 2003. First and foremost, the 315th Airlift Wing, for sending an absolutely tremendous group of aerial porters from the 38th Aerial Port Squadron and 81st Aerial Port Squadron to

supplement our squadron.

We'd like to thank civil engineers for jumping through hoops to get our operation off the ground with new lighting and temporary parking areas, making it safer for our troops. To the Mission Support Squadron personnel specialists, thanks for helping us gain the services of temporary employees. Thanks to communication personnel for their tremendous help in putting new local area network systems in the terminal and for fixing an intercom system broken for more than two years. Thanks to security forces for guarding the cargo gates and checking the incoming cargo on those delivery trucks. Thanks to contracting for getting us all the items we needed to get the job done. Thanks to comptrollers for keeping the dollars rolling. Thank you to the logistics readiness squadron for downloading the trucks, and keeping the straps, chains and devices on hand and available.

We'd like to thank services for providing great billeting service and interesting things to do for our many folks who are activated away from home. Thanks to the protocol folks for enduring the long parade of distinguished visitors wanting to "see the port."

There are many more who have helped; if I missed you, please forgive me. This is truly Team Charleston, and we're proud to be part of it. Oh, and APS rules!

Charleston chat

What does Black History Month mean to you?



"It is celebrating history by looking at and being proud of where we came from and where we are."

— Tech. Sgt. Denese Bellamy
437th Airlift Wing



"It reminds me of great African-Americans and their contributions to America."

— Master Sgt. Butch Atchley
437th Comptroller Squadron



"I think of all the trials and tribulations African-Americans have endured to be where we are today."

— Tech. Sgt. Steven Longoria
437th Services Squadron



"I reflect on past struggles and have a great appreciation for the liberties I have now."

— Staff Sgt. Marcus Jesses
437th Medical Group



"It reminds me of the different cultures represented in this great country."

— 2nd Lt. Leonard Christo
437th Operations Support Squadron

Charleston airmen reach highest ground

By Senior Airman Amy Perry
437 AW Public Affairs

Five active duty and four Reserve airmen will be inducted into the top enlisted grade at the 10th annual Chief Induction Ceremony at 7 p.m. Saturday at the Charleston Club.

Former Chief Master Sgt. of the Air Force Robert Gaylor is set to be the guest speaker.

For each chief promotee, the formal annual ceremony is used to officially bring them into the chiefs' realm.

Since several chiefs missed their opportunity to attend a ceremony in 2003, they will be inducted along with Team Charleston's new selectees.

"It's important to have a chief induction ceremony so we can welcome the new chiefs with open arms," said Chief Master Sgt. Lawrence Strother, 437th Aircraft Maintenance Squadron Shark Aircraft Maintenance Unit flight chief and ceremony coordinator. "The ceremony serves as an official crossover for the inductees, giving them all the responsibilities and authority of a chief (even if they have not yet pinned it on)."

Making it to the top is something few people do, said Chief Strother. "Only 1 percent of all enlisted members receive the rank of chief."

"From the sheer number alone, not many people make chief. That's why we make it special. It's the final step to the top of the enlisted rank."

The Charleston AFB Chiefs' Group worked hard to make this day very special for the new chiefs.

"This is something I have dreamed about since becoming a senior NCO," said Chief Master Sgt. Mike Hallagan, 437 AMXS. "The contact with the members of the Chiefs' Group has been overwhelming. I didn't realize all the activities and programs they support on Charleston AFB."

Senior Master Sgt. Susan Barnes looks at her induction into the highest enlisted rank with a slightly different view point.

"It's a triad of emotions – pride, humility and a sprinkling of panic," said Sergeant Barnes. "I'm



Courtesy photo

Chief Master Sgt. Barbara Greenwald, 315th Aircraft Maintenance Squadron superintendent, lights the master sergeant candle during the 2003 Chiefs' Induction Ceremony. The candles are lit to represent the different steps one must go through to become a chief.

proud of my accomplishment, humbled when I think of the awesome responsibility this rank entails, and have a temporary surge of panic because for the first time in a very long time I found myself without a goal to pursue!"

The 437th Airlift Wing and 315th Airlift Wing join together to form the CAFB Chiefs' Group and make sure every chief gets a positive start.

"I can't begin to tell anyone what it feels like to become a chief master sergeant," said Chief Master Sgt. Charlie Hall, 81st Aerial Port Squadron. "Hopefully, I will be able to influence some military careers for the better, as many chiefs have done before me. My desire is to guide

enlisted careers and help them reach their highest potential."

The following chief master sergeants will be inducted: Michael Branum, 437th Aerial Port Squadron; Charlie Hall, 81st Aerial Port Squadron; Mike Hallagan; 437th Aircraft Maintenance Squadron; Edwin Hiott, 315th Civil Engineer Squadron; Brian Mullinax, 315 CES; and Mark Withers, 437th Medical Group. The following senior master sergeants will be inducted: Susan Barnes, 437th Maintenance Operations Squadron; Charlotte Branum, 437th Mission Support Squadron; and Ronald Owens, 437th Communications Squadron.

Team Charleston husband, wife inducted together

By Senior Airman Amy Perry
437 AW Public Affairs

A husband from the 437th Aerial Port Squadron and a wife from the 437th Mission Support Squadron are being inducted into the chiefs' realm Saturday at the

Charleston Club.

Chief Master Sgt. Michael Branum, 437 APS superintendent, was promoted in 2003, but missed his induction ceremony. Senior Master Sgt. Charlotte Branum, 437 MSS first sergeant, was informed of her selection late last year.

The Branums met in July 1994 as master sergeants, and married in April 1999. The announcement for Charlotte and Michael's promotion to senior master sergeant came out in 2000, and Charlotte was the first to pin on. In 2002, Michael was

told of his promotion to chief, but was unable to make his induction in 2003.

Michael and Charlotte had been at Charleston AFB for less than two months when Charlotte's selection was announced.

"I was stunned to make chief," said Charlotte. "He (Michael) knew I was going to make it, but I wasn't sure. He has more faith in me."

The two look forward to sharing the induction ceremony together.

"At first, I was just going to go to

the ceremony as a spouse," said Michael. "But at a Chiefs' meeting, they asked if I had been inducted yet. When I said no, they said I needed to be. At first, I didn't want to take (anything) away from Charlotte's ceremony, but then I thought it would be really cool."

"Just to be able to be inducted together is different," said Charlotte. "We didn't pin it on together and probably won't retire together, but it's great we will be inducted together."

Services deputy gives 36 years of service to AF

By 1st Lt. Shaloma McGovern
437 AW Public Affairs

Team Charleston's 437th Services Squadron deputy commander Nancy Corbin retired Wednesday at the Charleston Club after 36 years of service as a civil servant.

The North Carolina native attended Palm Beach Junior College, Florida and graduated from Miami-Dade Junior College, Florida in 1965, where she majored in education.

She began as a Key Punch Operator at the Polaris Missile Base in Goose Creek, S.C.

Afterward, she became an assistant youth director at the Charleston Naval Station and then joined

Team Charleston as the youth director. After 15 years as the youth director, Mrs. Corbin became the assistant chief of recreation services and then was promoted to chief of recreation services.

Before the services squadron and morale, welfare and recreation division merged in 1992, Mrs. Corbin was the chief of recreation services. When the two units merged, she became the community support flight chief and the former MWR chief became the deputy to the services commander. When he left in 1997, Mrs. Corbin became the deputy."

"Mrs. Corbin has touched more lives and hearts than any other person ever at Charleston AFB," said Lt. Col

Tracy O'Grady-Walsh 437th Services Squadron commander. "Everywhere you look you see her touch; the \$5.7 million Gaylor Dining Facility, the \$5.5 million Collocated Club, the \$3.5 million Services Squadron building, the millions of dollars of parks throughout the base, and the soon to be finished \$2.1 million golf clubhouse. I am confident when she showed up here St. Patrick's Day in 1970, she had no idea she'd leave over three decades later as the Wing's CEO for all recreation, fitness and family programs."

"I have been extremely proud to have served the Air Force community," said Mrs. Corbin. "I hope my contribution was to make life better

for active personnel and their families. I am so proud to have been a member of the 437th Services Squadron. Few people realize the depth of this squadron's involvement in the total mission of the base. This base has first class people taking care of them."

Mrs. Corbin is married to Richard Corbin. They have one daughter and one granddaughter.



Nancy Corbin

'Force shaping' allows active-duty to leave early

There's good news for thousands of airmen considering leaving active duty who thought they couldn't because of existing service obligations.

An effort dubbed 'force shaping' is opening the exit doors to officers and enlisted in select career fields and year groups by waiving some active-duty service commitments previously incurred for events like government-funded education, permanent changes of station and promotion.

Force Shaping includes opportunities to transition to the Air Force Reserve or Air National Guard; as well as relieving some people of their active-duty service commitments.

Rules for leaving active duty early will be the least restrictive for anyone wanting to transfer to the Guard or Reserves through the Palace Chase program.

Some bonus payback requirements may also be waived, officials say. Applications for any of the force-shaping early release programs must be made through local military personnel flights by March 12.

More than 16,000 additional people than are currently projected to leave; 12,700 enlisted and 3,900 officers will be allowed out to help the service return to the authorized active-duty force size by Sept. 30, 2005. The goal is to get within authorized end strength while avoiding "extreme measures" that "wreak havoc" with mission and morale, officials say.

Joining the Guard and Reserve Active-duty airmen wanting to transfer to the Reserve or guard will be able to apply for a waiver of an active-duty service commitment regardless of their career field.

"We're a total force, and for our active duty airmen who would like to separate early and still retain a connection to their Air Force, the Palace Chase program provides the perfect vehicle to preserve operational capability while reducing active duty end strength," said Maj. Gen. John Speigel,

the Air Force's director of personnel policy at the Pentagon.

"We're focusing a big part of our efforts there because it keeps the member and their expertise in the total force, while allowing them increased stability and a chance to continue working toward a military retirement," General Speigel said.

Some applications may not be approved due to manning shortages; 29 officer and 38 enlisted specialties will not qualify for many of the waivers. Among those are pilots, navigators, air battle managers, aerial gunners, fuels specialists, nurses and first sergeants. The complete list of "stressed" career fields that are excluded from many of the waivers is posted at <http://www.afpc.randolph.af.mil/retsep/shape.htm>.

"We don't want to break any career fields during our force-shaping efforts or create problems in future years similar to the ones caused by the downsizing in the early 1990s," said General Speigel.

"Approval authority for miscellaneous enlisted separations will rest at the personnel center, to centrally review applications and ensure compliance with manning needs," said Maj. Dawn Keasley, chief of retirement and separation policy at the Air Staff.

Examples of efforts to "shape" the force go beyond waivers. They include procedures where those who fail to complete technical schools will only be allowed to leave the Air Force or to reclassify into short-manned career fields. In addition, high-year-of-tenure extensions will only be granted to those in specific shortage career fields or for personal hardship reasons.

Program highlights include:

- The chance to transfer to the guard or Reserve for those with at least 24 months time in service, incurring a 2-for-1 service commitment (not less than 1 year or greater than 6 years).

- Enlisted waivers of active duty service commitments associated with technical training and

bootstrap programs.

- Potential service commitment waivers of up to 18 months for permanent-change-of-station.

- Potential service commitment waivers for officers of up to 24 months for Air Force Institute of Technology doctoral education and education-with-industry.

- Up to 12-month waiver of intermediate and senior developmental education commitments for officers.

- Possibility of ROTC commissioning directly into the Reserve or Guard.

- Aviator Continuation Pay, Uniformed Services University of the Health Sciences scholarships, and AFIT fellowship, scholarship, and grant commitments will not be waived.

According to officials, force shaping is designed to return the Air Force to its authorized uniformed population, or "end strength," while shifting some airmen to fill positions in specialties that need more people of their rank.

The Air Force brought in thousands of personnel since the late '90s to build up to end strength, with limited consideration for the skill mix, officials say. But more people came into the service and fewer than expected left, leaving the force with more people than are authorized to be on active duty.

To reduce the total number of active-duty people in uniform, the Air Force is continuing efforts like retraining people into careers where they are more needed, outsourcing jobs to private industry, and converting some jobs from military people to Air Force civilian workers.

However, these new force shaping tools are being offered because still more needs to be done, officials said.

Details and career counseling are available from unit career assistance advisors at each base. People can also call the Air Force Contact Center at (800) 616-3775 for more information.

Charleston cops capture coveted awards

By Capt. Bill Walsh
315AW Public Affairs

Two Reservists from the 315th Security Forces Squadron won Air Force-level awards for their contribution in protecting Air Force people and resources.

Senior Master Sgt. Terry Smith won the Air Force Security Forces’ Col. Billy Jack Carter Award, an award named for the first career security police officer to become Air Force chief of security police. Senior Airman Rebecca Ireland won the Outstanding Traditional Reservist Security Forces Reserve Component Airman Award.

The Air Force-level awards will be presented to Sergeant Smith and Airman Ireland at the Security Forces Symposium in April.

Sergeant Smith was deployed to Kuwait as a security specialist in February 2003 and moved along with the Army’s 3rd Infantry Division as they liberated Iraq.

“It’s the most amazing thing I’ve ever done,” said Sergeant Smith. “We were in charge of the total security for everyone as the Coalition Provisional Authority grew.”

According to Sergeant Smith, his team devel-

oped security and tactics for protecting senior CPA staff including Presidential Envoy L. Paul Bremer and 16 other ambassadors, generals and State Department personnel.

“We ordered 200 GMC Suburbans to drive the Governing Council and other CPA officials around Baghdad,” Sergeant Smith said. “It was a high threat environment and those vehicles are pretty fast.”

One road, nicknamed Rocket Propelled Grenade Alley, was a favorite target of Saddam loyalists.

“I would never drive RPG Alley under 120 mph,” Sergeant Smith said while reflecting on the dangers of the job.

“Senior Master Sgt. Terry Smith embodies our core value of ‘service before self,’” said Maj. Kevin Stegall, 315th AW Security Forces Squadron commander. “His security programs are still in place within the area of responsibility today providing a safe and secure environment for all personnel.”

As a civilian, Sergeant Smith serves as a security specialist for the 3rd Space Launch Squadron, Kennedy Space Center, Fla. They are charged with the security of NASA launches including the space shuttle.

While those members of Team Charleston

were overseas, others were back home protecting forces here.

Airman Ireland had her own intense moments and was honored by Maj. Gen. James Bankers, 22nd Air Force commander, for her act of bravery in stopping a fleeing felon from infiltrating the base.

“Senior Airman Ireland sets the example for peers in duty, appearance and motivation,” said Major Stegall. “She possesses the qualities and attributes of a true security forces warrior.”

“You never know what can happen, but I’m ready for anything,” Airman Ireland said when talking about the job she loves. “I’ve always wanted to be in law enforcement.”

That is truly evident in everything she does right down to her cell phone that rings with the “Bad Boys, Bad Boys” theme song from the Fox television show, “Cops.”

“I just want to help others and give back to the community, and I really like the excitement,” Airman Ireland explained. As a civilian, she is a police officer in Maitland, Fla.

“Detective and undercover work is really something I want to get into eventually,” said Airman Ireland. “I enjoyed the active duty because it was great training.”



Personnel Web site running slow

RANDOLPH AFB, Texas – Internet users trying to access the Air Force Personnel Center Web site recently are seeing unusual slowdowns and having problems connecting.

In the meantime, users may want to consider accessing the AFPC Web during off-peak hours. Users seem to be having the most problems from 9 a.m. to 7 p.m.

People having difficulties accessing the virtual military personnel flight can also contact their local MPFs or the Air Force Contact Center at (800) 616-3775 for help with their questions. **(Air Force Print News)**

DFAS clarifies retro civilian pay raise

ARLINGTON, Va. – The additional 2.1-percent pay raise for civilian employees authorized by the president Jan. 23, will be retroactive to Jan. 11. However, before it can take effect, an executive order must be issued addressing how the increase will be split between base and locality pay, said Defense Finance and Accounting Service officials.

After the executive order is issued, the Office of Personnel Management will publish new salary tables based on that guidance. These tables must then be integrated into the personnel system before any retroactive pay adjustment processing can begin, officials said. Once the adjustments are processed by the personnel system, calculation of employee pay increases by payroll systems can begin.

As in 2003, not all employees will receive the retroactive part of the pay increase at the same time. Because of transaction volume, payroll processing of this change must take place over the course of multiple paydays, DFAS officials said. **(Air Force Print News)**

Air Force redesigns Web site

SAN ANTONIO – The Air Force unveiled a new look, feel and func-

tionality for its official Web site Monday.

Air Force Link provides news and information on the Air Force to more than 1.2 million visitors who are provided more than 12.8 million Web pages a month. For more information, go to www.af.mil. **(Air Force Print News)**

Previous health care certificate issued

FALLS CHURCH, Va. –Department of Defense Military Health System officials are now automatically issuing a Certificate of Creditable Coverage to any former uniformed services sponsor or family member who loses eligibility for health-care benefits under Tricare. The service began Feb. 1.

For people no longer eligible for Tricare, the certificate serves as proof of previous health-care coverage. It limits the time another

health-care plan may exclude them from participating in a health-care plan because of a preexisting medical condition.

The Defense Manpower Data Center Support Office will mail a certificate for the sponsor or family member within five to 10 days after eligibility has been lost. As long as a current address is on file in the Defense Enrollment Eligibility Reporting System, people may expect to receive the certificate within 30 days.

Additional information is available on the TRICARE Web site at www.tricare.osd.mil/certificate/index.cfm. **(Air Force Print News)**

Helpline gives airmen vital info

WASHINGTON — The Air Force expanded efforts to take care of its own Feb. 1 with the 24-hour-a day "Air Force One Source" live

helpline for airmen and their families.

The "beyond-the-gate" support and referral service is intended to help address personal and family support needs for active-duty airmen, reservists and guardsmen. Some airmen are not always near agencies that offer support with child care, finances, legal matters, deployment and other related issues.

Certified counselors will be available year-round to answer questions, provide information or guide airmen and their family members to the appropriate resources.

Air Force One Source is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 7075-7844, internationally collect at (484) 530-5913 or at www.airforceonesource.com.

The Web site requires customers to log on by using "airforce" as the user ID and "ready" as the password. **(Air Force Print News)**



Photo by Staff Sgt. Matthew Hannen

Fill 'er up

Maj. Timothy Tenne, a pilot from the 14th Airlift Squadron, prepares to connect to a KC-135 aircraft in preparation to refuel his C-17 aircraft during a training mission Jan. 15.

Spotlight

Retirement: The 437th Operation Support Squadron is hosting a retirement ceremony for Master Sgt. Angel Rodriguez at 2:30 p.m. Feb. 13 at the 17th Airlift Squadron's auditorium. For more information, call Master Sgt. Rob Cissell at 963-5623.

Retirement: The 437th Maintenance Squadron is hosting a retirement ceremony for Chief Master Sgt. Garry Jones at 3 p.m. Feb. 13 at the Education Center. For more information, call Master Sgt. Patrick Goss at 963-6333.

Around the base

AFSA: The Air Force Sergeant's Association will hold its monthly meeting at 11 a.m. Tuesday in the Charleston Club. For more information call Chief Master Sgt. John Danko at 963-5324 or visit <http://www.afsahq.org>.

OSA: The Officers' Spouses Association will hold a Sweetheart Luncheon in honor of Valentine's Day from 11 a.m. through 1 p.m. Thursday at the Charleston Club. For tickets or more information call 207-0733 by Monday.

Recycler of the month: The McLeod Family of Mississippi Avenue was selected as the Military Family Housing Recycler of the Month for January 2004. Put your curbside recyclables out Thursday and Feb. 26 for your chance to be our next winner. For recycling questions, please contact the pollution prevention manager at 963-2690.

AICUZ Public Meeting: A public meeting to address the 2004 Air Installation Compatible Use Zone Study is set for 6:45 p.m. Thursday at the Dorchester Library, 6325 Dorchester Road in North Charlesotn. The purpose of the

Charleston Warrior of the Week



Photo by Airman 1st Class Stephanie Hammer

Staff Sgt. Melissa Renn 437th Medical Group

Staff Sgt. Melissa Renn is a diagnostic imaging journeyman with the 437th Medical Group. She performs patient care for people at Charleston AFB and any diagnostic imaging a physician requests.

"I really enjoy my job and try to make it as fun as possible for my patients. I'm thankful to be a part of the 437th Medical Group. I owe so much to so many people for believing in and supporting me."

Sergeant Renn joined the Air Force 11 years ago for its quality of life and the capability to further her education.

The Tampa, Fla., native has been at CAFB for more than two years and said she misses Florida, but is glad to be so close to home.

"Charleston and the surrounding area are sort of small compared to where I came from," said Sergeant Renn. "The trees are really beautiful, and they are everywhere, unlike in Tampa."

Sergeant Renn plans to finish her associate's degree and make technical sergeant.

In her spare time, Sergeant Renn likes to eat, work out and read. She also likes to take walks and "spend time with amazing people."

AICUZ program is to promote compatible land development in areas subject to aircraft noise and accident potential. For more information, contact Public Affairs at 963-5608.

Construction: The intersection of Hill Boulevard and North O'Neal Avenue will be reduced to one lane starting Feb. 16. Construction is set to last four to six weeks.

Commissary open: The commissary will be open Feb. 16 in observance of President's Day.

CGOC: The Company Grade Officer Council will hold its monthly meeting at 11:30 a.m. Feb. 19 at the

Charleston Club. For more information, visit the Web site on Globemaster.

First Six: The First Six will be having a meeting at 2:30 p.m. Feb. 19 in the Low Country Bar. All E-6s and below are invited to attend. If you have any questions, please call Staff Sgt. Brandy Erven at 963-6898 or Airman 1st Class Brandi Matthews at 963-6704.

National Prayer Luncheon: The National Prayer Luncheon will be at 11:30 a.m. March 1 at the Charleston Club. Tickets are available at the base chapel or from your first sergeant for only \$5.

Retirees needed: Military retiree volunteers are needed to help in the Charleston AFB Pharmacy. Volunteers typically work for two to three hours a week. For more information, contact the Retiree Activities Office at 963-2228 or by e-mail cafbrao@charleston.af.mil.

Black History Month Events:

■ **Commemorative Luncheon:** 11 to noon Feb. 13 at the Charleston Club. The cost is \$9 for club members and \$11 for non club members. For more information, call Senior Master Sgt. Joseph Romeo at 963-2120.

■ **Aerobic Super Jam:** 11 to 1 p.m. Feb. 19 at the Fitness Center. There is no cost, and there will be free give-aways. For more information, call Tech Sgt. Denese Bellamy at 963-7052.

■ **70's Jam:** 6 to 10 p.m. Feb 20 at the Charleston Club. The cost is \$5. For more information, call Master Sgt. Todd Bellamy at 963-3135.

■ **Black History Dinner & Dance:** 6 p.m. to midnight Feb 27 at the Charleston Club. The cost is \$17 for club members and \$19 for non club members. To purchase tickets or for more information, call Tech. Sgt. Denese Bellamy 963-7052.

■ **Gospel Jamboree:** 3 to 4:30 pm. Feb. 29 at the Base Chapel. There will be various choirs and poetry readings. For more information, call Tech Sgt. Janita Brown 963-3238.

Put Valentine's Day messages in *Airlift Dispatch*

The *Airlift Dispatch* is taking submissions to print Valentine's Day messages in the Feb. 13 edition. Notes, 25 words or less, should be sent to dispatch3@charleston.af.mil by noon today.

Family members of deployed personnel, who wish to send a message, should include a temporary e-mail address of the intended recipient. An e-mail of the *Airlift Dispatch* page will be sent to the deployed individual.

CHARLESTON'S BEST OF 2003

Annual winners announced

Forty-four Team Charleston airmen, NCOs, officers and civilians competed for this year's 2003 Annual Awards culminating in a banquet Tuesday after a full year of dedication to this year's theme: service before self.

"Service before self" is about care and sacrifice for the mission and for our fellow man," said Col. Wayne Schatz, 437th Airlift Wing vice commander. "Through Operations Enduring Freedom and Iraqi Freedom, 'ser-

vice before self' was never more evident, and these award winners exemplify that spirit"

Adding to the spirit of the event, the U.S. Air Force Strolling Strings, who have performed for every president from Eisenhower to George W. Bush, performed for banquet attendees.

Colonel Schatz reminded award winners they were not just representing their own character, but the spirit of Charleston AFB.

"The awards are a testament to all of Team Charleston – active duty, Reserves, civilians and families," said Colonel Schatz. "Without the support of the entire team, these individuals would not be able to rise to the top. Their success depends on Team Charleston – one family, one mission, one fight."

Those recognized for their commitment to service before self were:

Airman



Senior Airman William Senecal

Mission Support Group

Airman Senecal is an explosive ordnance disposal apprentice from the 437th Civil Engineer Squadron. He was one of the wing's airmen of the quarter and a below-the-zone promotee to senior airman.

Noncommissioned Officer



Tech. Sgt. Jeffrey Jones

Mission Support Group

Sergeant Jones is the NCOIC of electrical systems in the 437th Civil Engineer Squadron. He led the shelter set up during the repatriation of Americans on the eve of war.

Senior Noncommissioned Officer



Senior Master Sgt. Michael David

Mission Support Group

Sergeant David is the Missions Systems Flight Superintendent of the 437th Communications Squadron. He was the thrust behind the success of the base infrastructure which cut outages of 60 percent.

First Sergeant



Master Sgt. Brendan Ryan

Medical Group

Sergeant Ryan was the first sergeant for the 437th Medical Group. He designed, developed and deployed the wing's "squadron spirit guidon." He was also a strong advocate for improvement to the dormitories.

Junior Company Grade Officer

1st Lt. James Cohn

Airlift Wing

Lieutenant Cohn is the financial services flight commander of the 437th Comptroller Squadron. He expertly received and expedited processing of over 400 travel payments for deployed members.

Senior Company Grade Officer



Capt. Raymond Lewis

Medical Group

Captain Lewis is the environment protection element chief of the 437th Aeromedical Dental Squadron. He directed the environmental monitoring program and executed the hazardous waste sampling contract.

Category 1 Civilian



Kathleen Perry

Mission Support Group

Mrs. Perry is the casualty assistance representative for the 437th Mission Support Squadron. She led the wing's virtual record of emergency data change, making CAFB the first in AMC to reach 100 percent.

Category 2 Civilian



Jason Ham

Medical Group

Mr. Ham is the AMC fitness consultant for the 437th Aeromedical Dental Squadron. He was handpicked as the AMC surgeon general's consultant for the Air Force fitness program.

Category 3 Civilian



Wilma Mitchell

Mission Support Group

Mrs. Mitchell is the civilian personnel officer for the 437th Mission Support Squadron. The key advisor to the alternative dispute resolution panel, she worked to resolve four grievances, ensuring no formal complaints.

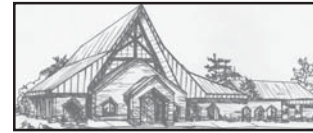
Honor Guard

Airman 1st Class Taylor Johnson

Mission Support Group

Airman Johnson committed 275 man hours to honor guard details in 2003. His positive attitude coupled with stellar military appearance and bearing make him an invaluable asset to the base honor guard.

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 9 a.m. - 4:30 p.m.
Phone: 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services: *Saturday* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. Daily Mass is from 11:30 a.m. to noon Tuesdays through Fridays.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service. *Wednesday* - noon Protestant Bible Study.

For information on other faith groups, call the Base Chapel at 963-2536.

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to the start of the movie, unless otherwise noted.

Movie schedules are provided by AAFES.



Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.

Today, 7:30 p.m.

"Cheaper by the Dozen" – Steve Martin

When a football coach is offered the top job at Northwestern University, he sets out for Chicago with his wife and their 12 children. However, when her writing takes off, the two must balance their jobs and the chaotic task of parenting. **(PG) 99 minutes**

Saturday, 2:00 p.m.

"Peter Pan" – Jason Isaacs

One night in their nursery, young London siblings, Wendy, John and Michael Darling, encounter a strange flying boy named Peter Pan, who invites them to soar with him to Neverland. There they live among the lost boys without adult supervision and face down the nasty Captain Hook. **(PG) 113 minutes**

Saturday, 7:30 p.m.

"Something's Gotta Give" – Jack Nicholson

Harry generally dates younger women. His world is turned around when he has a heart attack while visiting his girlfriend's home. With his girlfriend gone back to the city, Harry is left in the care of her mother, Erica, and his doctor. Harry and the doctor soon find themselves competing for Erica's love. **(PG) 113 minutes**

No pain, no gain

Senior Airman Erin Brock, 437th Airlift Wing Chapel administration assistant, follows Tech. Sgt. Denese Bellamy, 437th Airlift Wing Military Equal Opportunity NCOIC (background), as she leads members of the 15th Airlift Squadron and 437 AW staff in kickboxing during weekly physical training. Individuals throughout the base are required to PT three times each week to help everyone become more fit to fight.



Photo by Senior Airman Amy Perry

WELLNESS TIP

Fad drug dangers

The Drug Enforcement Administration regards Salvia Divinorum and DXM as 'drugs of concern'

Salvia Divinorum

- An herb that contains hallucinogen Salvinorin A
- Intense effects similar to LSD
- Can cause depression and schizophrenia

Dextromethorphan (DXM)

- A cough suppressant used in cough and cold medications
- Effects similar to PCP, including hallucinations
- Can cause nausea, abdominal pain, brain damage and death

The Department of Justice has more information at:
www.usdoj.gov/ndic/topics/drgrpts.htm

Abdominal circumference: friend or foe?

By Col. Laura Torres-Reyes

380th Expeditionary Medical Group commander

Are you frustrated with the abdominal circumference score for the new fitness standard? Have you pounded out hundreds of crunches, and pumped oodles of push-ups, only to find your abdominal girth doesn't get you past a composite score of 80?

I must admit I was at first perplexed and amazed that the numbers and scores didn't change based on height or age. How could that be?

The key to understanding why abdominal circumference takes a huge chunk of your fitness score is in understanding our new fitness program is about maintaining the health of your whole body.

What really matters now to the Air Force is that you are maintaining a state of health that decreases your risk of preventable diseases. Research has shown conclusively that abdominal size reflects this concept of whole health. Besides the obvious risk factor of smoking tobacco, your amount of abdominal fat is a good predictor of your risk for heart disease, diabetes, stroke and some types of cancer.

You don't need a palm reader or crystal ball.

By just taking a simple tape measurement, you can get a pretty good idea of your chances for enjoying a long, healthy life.

Of course, the hard part is deciding what to do if your abs just aren't measuring up.

Take heart! You don't have to look for a liposuction specialist or invest in expensive gadgets advertised on TV to make an improvement. The only proven way to decrease your abdominal circumference is to decrease your body fat.

The fact is we all have those enviable six-packs of muscle hidden under our abdominal fat. As you lose the fat, the muscle definition becomes clear. If you increase your aerobic capacity and strengthen your shoulders and core muscle groups, your total body fat will decrease and your abdomen will firm up.

It is really a pretty good package deal; as you improve your scores for the 1.5 mile run, push-ups and sit-ups, you should see your abdominal girth decrease. Of course, you will also have to

burn more calories than you eat, actually exercise aerobically by maintaining your training heart rate between 60 and 75 percent, and build more muscle to boost your metabolism.

No one said it would be easy, but don't you feel better just knowing it makes sense?



Courtesy Photo

Abdominal circumference, part of the new Air Force fitness test, measures visceral or intra-abdominal fat and is independent of age or height.